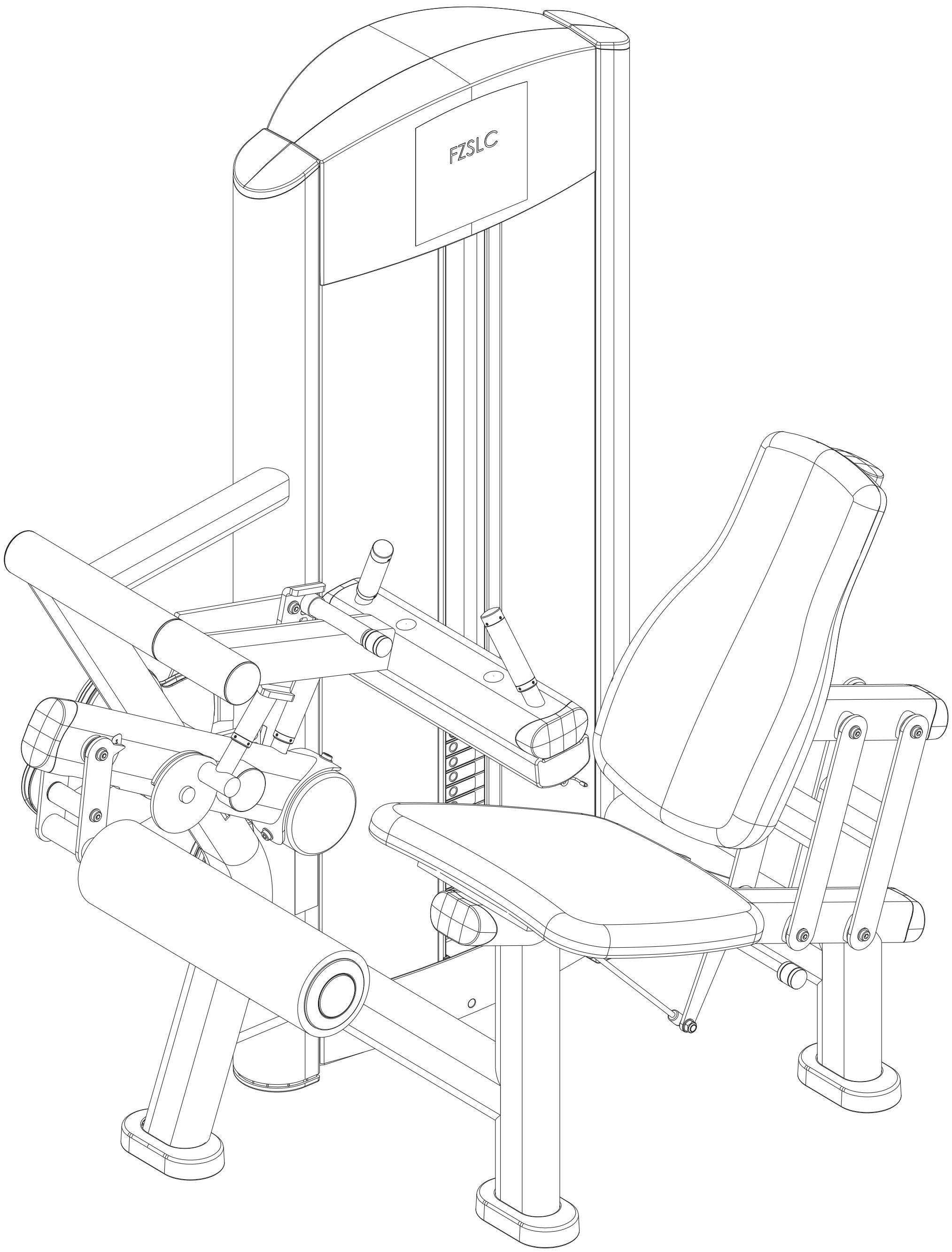
Life Fitness

SIGNATURE SERIES
FZSLC SEATED LEG CURL

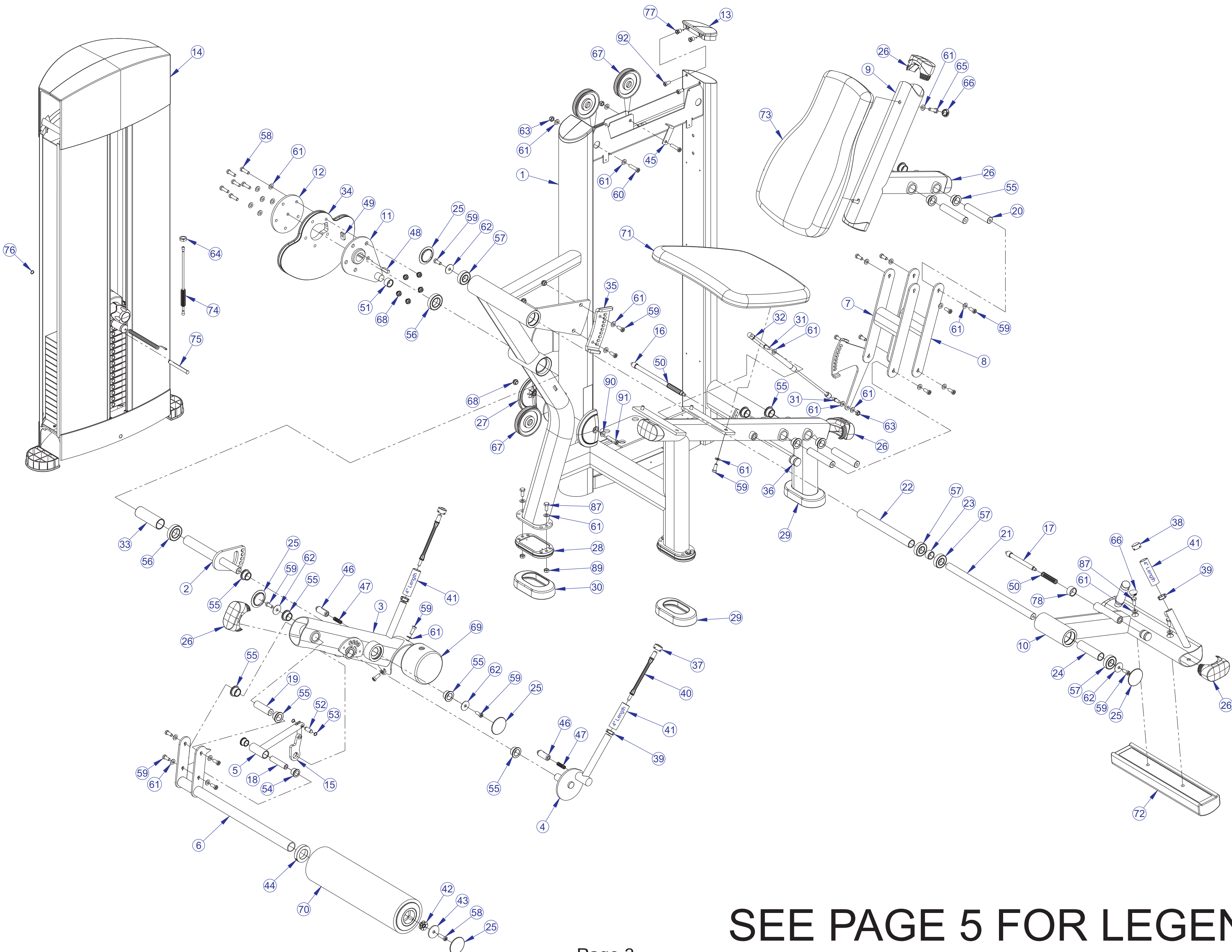


Customer Support Services

PARTS MANUAL

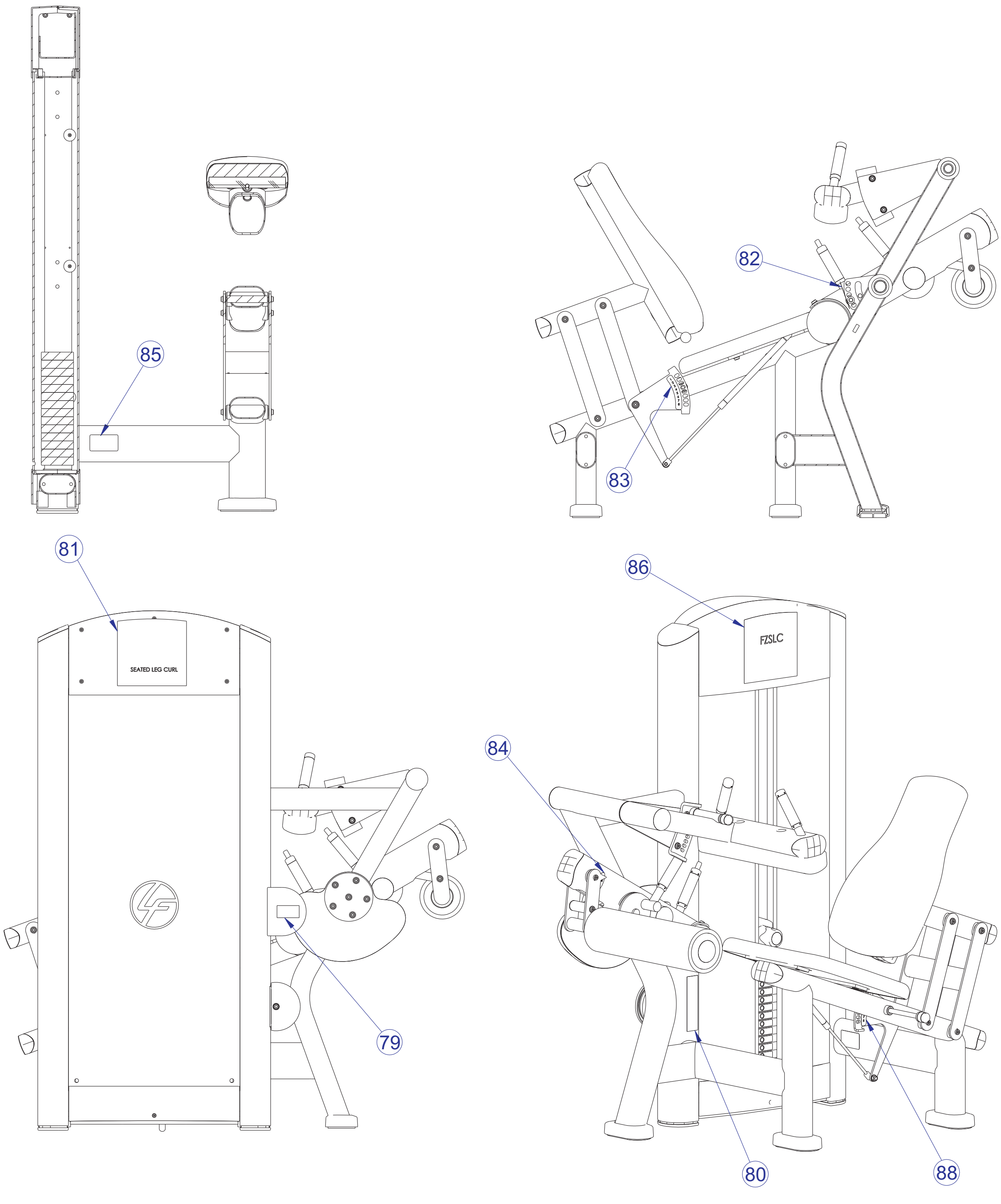
FZSLC SEATED LEG CURL
CONTENTS

FZSLC SEATED LEG CURL
COMPONENT ASSEMBLY



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FZSLC SEATED LEG CURL
COMPONENT ASSEMBLY II

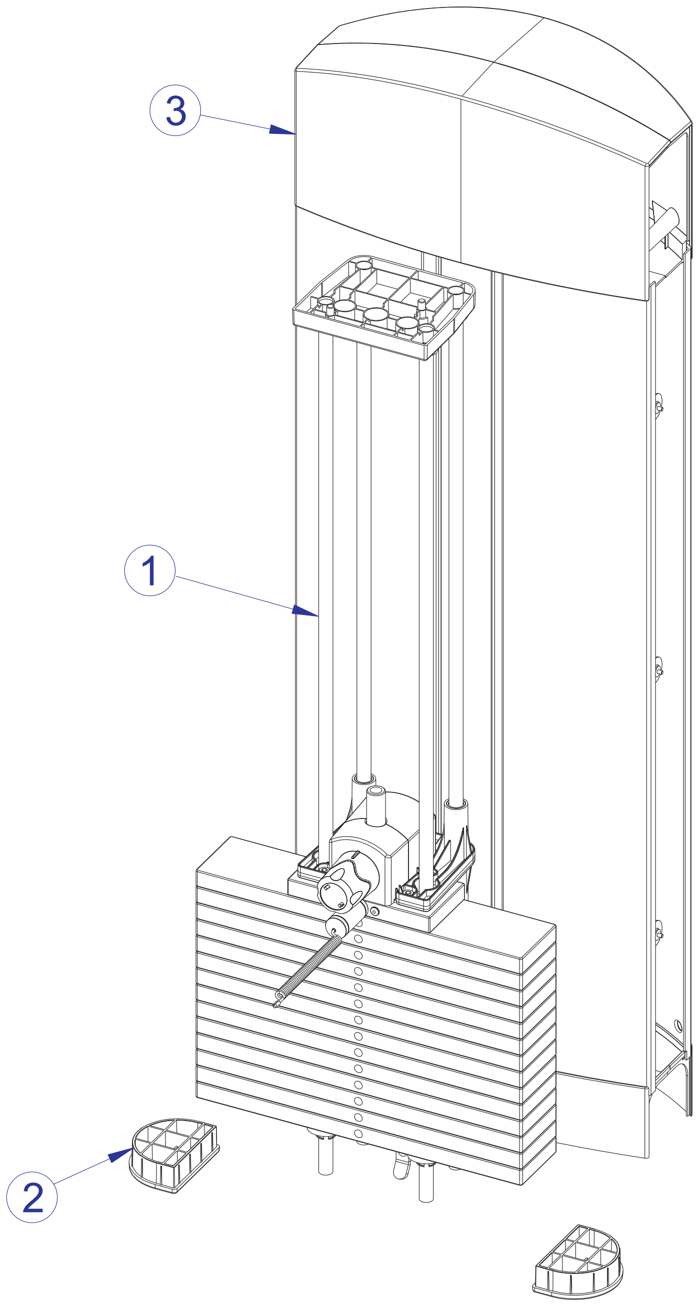


SEE PAGE 5 FOR LEGEND

FZSLC SEATED LEG CURL
COMPONENT ASSEMBLY LEGEND

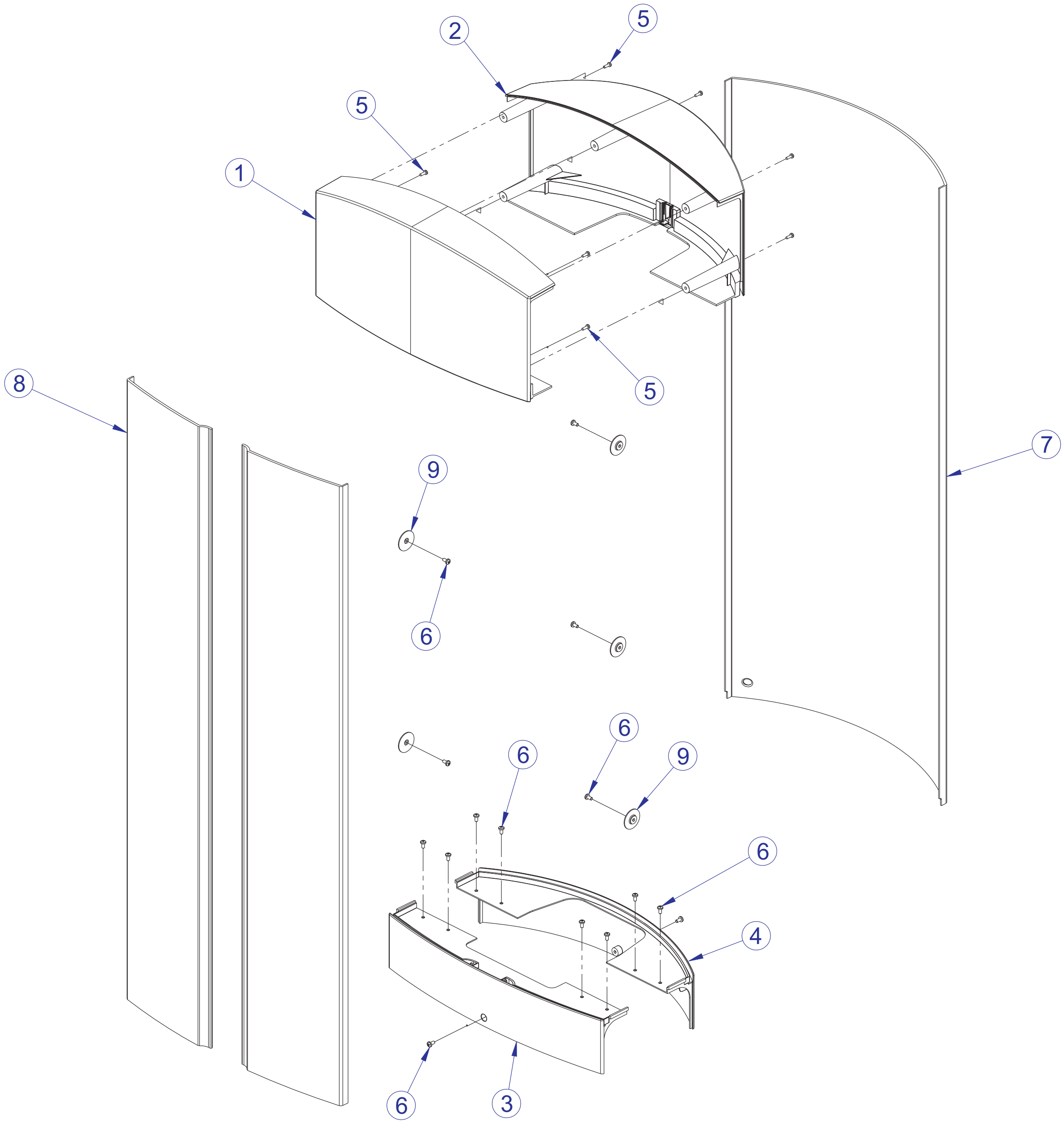
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7482201	WLDMT, FZSLC, FRAME
2	1	7774801	WLDMT, FZSLC/BE ADJ START
3	1	7482401	WLDMT, FZSLC, PIVOT ARM
4	1	7482501	WLDMT, FZSLC, TIBIA ADJ HANDLE
5	1	7324501	WLDMT, FZLE, TIBIA ADJ LINK
6	1	7321901	WLDMT, FZSLC, ROLLER PAD SPPRT
7	1	7411101	WLDMT, FZ, 4-BAR INDEX
8	1	7411001	WLDMT, FZ, 4-BAR
9	1	7410901	WLDMT, FZ, BACK PAD SPPRT
10	1	7482901	WLDMT, FZSLC, THIGH SPPRT
11	1	7483001	WLDMT, FZSLC, CAM SPPRT
12	1	7329101	PLATE, FZ, CAM COVER
13	2	7326201	CAP, D-TUBE - TOP
14	1	7420401	ASSY, MID TOWER-14
15	1	7329601	PLATE, TIBIA LINK
16	1	7425101	PIN, PULL X 12.25
17	1	7425102	PIN, PULL X 6.75
18	1	7324801	SHAFT, TAPPED 0.75 DIA X 3.330
19	1	7324901	SHAFT, TAPPED 1 DIA X 3.330
20	4	7324902	SHAFT, TAPPED 1 DIA X 5.330
21	1	7316505	SHAFT, 25MM X 19.500
22	1	7330007	SPACER, INTERNAL X 11.765
23	1	7330002	SPACER, INTERNAL X .653
24	1	7330004	SPACER, INTERNAL X 4.765
25	5	7308701	CAP, BEARING HOUSING
26	8	7333901	CAP, LARGE FLOV- END
27	2	8094101	COVER, PULLEY-BOLTED PARTIAL
28	3	7334001	FOOT, 2.50 X 4.49 FLOV
29	2	7340201	COVER, FOOT - STRAIGHT
30	1	7419601	COVER, FOOT-20 DEG.
31	2	7414301	STUD, M10 BALL END M10 X 1.5
32	1	3235701	SPRING, GAS 150N
33	1	7511504	SPACER, FZ/PS INTERNAL 4.845
34	1	7476001	CAM, FZSLC
35	1	7658101	PLATE, FRMD .375 FZSLC
36	2	7424801	KNOB, POP PIN
37	2	7663001	CAP, GRIP W/HOLE 1.25 OD
38	2	7662901	CAP, GRIP 1.25 OD
39	4	7662801	RING, GRIP 1.25 OD
40	2	7780101	ROD, PUSH PIN
41	4	3235801	GRIP, 1.25" OD X 4" FZSLC
42	1	7347301	NUT, SPIDER M10 X 1.5
43	1	7322301	PLATE, 1.97 OD X .44 ID 10GA
44	1	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
45	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
46	2	8032401	PIN, PUSH
47	2	8024501	SPRING, 1/2 OD X 1-1/2
48	1	7511601	KEY, .375 SQUARE X 1.25
49	1	7342201	PLATE, CABLE END
50	2	7351501	SPRING; PULL PIN LARGE
51	1	7690101	BUMPER, SLEEVE - 1 INCH DIA
52	1	7331702	SHAFT, PIVOT X 1.040
53	2	3232409	RING, RETAINING, EXTERNAL
54	2	3104901	.75" ID 1.00" OD BRONZE BUSHING
55	14	3104903	1.00" ID 1.25" OD BRONZ BUSHING
56	2	3243201	BEARING, 6007 BALL
57	4	3235601	BEARING, 6205 BALL
58	7	3236204	SCREW, M10 X1.5 35MM
59	23	3236202	SCREW, M10 X1.5 25MM
60	2	3236206	SCREW, M10 X1.5 45MM
61	41	3236601	WASHER, 3/8 SAE SS
62	4	3236701	WASHER, FENDER 3/8" X 1.5" OD SS
63	3	3236801	NUT, M10 HEX NYLOCK SS
64	1	3236902	NUT, M16 X 2 HEX JAM SS
65	2	3251204	SCREW, M10 X1.5 X 35MM HEX ST ZN
66	4	3237403	PLUG, 1" HOLE
67	3	3237801	PULLEY, 4.5" OD
68	8	7335401	NUT, M10 X 1.5 SOCKET HEAD
69	1	7801901	COUNTER WEIGHT, SMALL - COATED
70	1	7392801	ASSY, ROLLER PAD - LONG
71	1	74015XX	PAD, SEAT LE/SLC
72	1	74707XX	PAD, KNEE
73	1	74741XX	PAD, LARGE BACK
74	1	7423711	CABLE, FZSLC
75	1	7564501	PIN, FZ/PS, WEIGHT PLATE
76	1	3243901	RING, BRE M11, ST, PP
77	4	3238601	M10X1.5 THREADED INSERT (HEX)
78	1	7690201	BUMPER, SLEEVE - 1.125 INCH DIA
79	1	7422003	LABEL, MOVING PARTS
80	1	7422004	LABEL, 2" ASTM WARN
81	1	7508401	LABEL, FZAB PLACARD
82	1	7589901	LABEL, 3- -1 STRAIGHT
83	1	7524101	LABEL, 1-8 CURVED
84	1	7524201	LABEL, S-XL CURVED
85	1	7571301	LABEL, SERIAL NUMBER
86	1	7508301	LABEL, FZSLC PLACARD
87	8	3251202	SCREW, M10 X1.5 X 25MM HEX ST ZN
88	1	7794301	LABEL, 1-8 CURVED INSIDE
89	6	3254703	NUT, M10 X 1.5 HEX ZINC
90	1	7630101	RETAINER, CM/MJ, PULLEY
91	1	3236207	SCREW, M10 X1.5 50MM
92	4	3236201	SCREW, M10 X1.5 20MM

FZSLC SEATED LEG CURL
MID-14 TOWER ASSEMBLY - 7420401



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7420101	ASSY, WEIGHT STACK MID-14
2	2	7326301	CAP, D-TUBE-BTM
3	1	7419801	ASSY, TOWER PLASTICS-MID

FZSLC SEATED LEG CURL
PLASTIC TOWER ASSEMBLY - 7419801

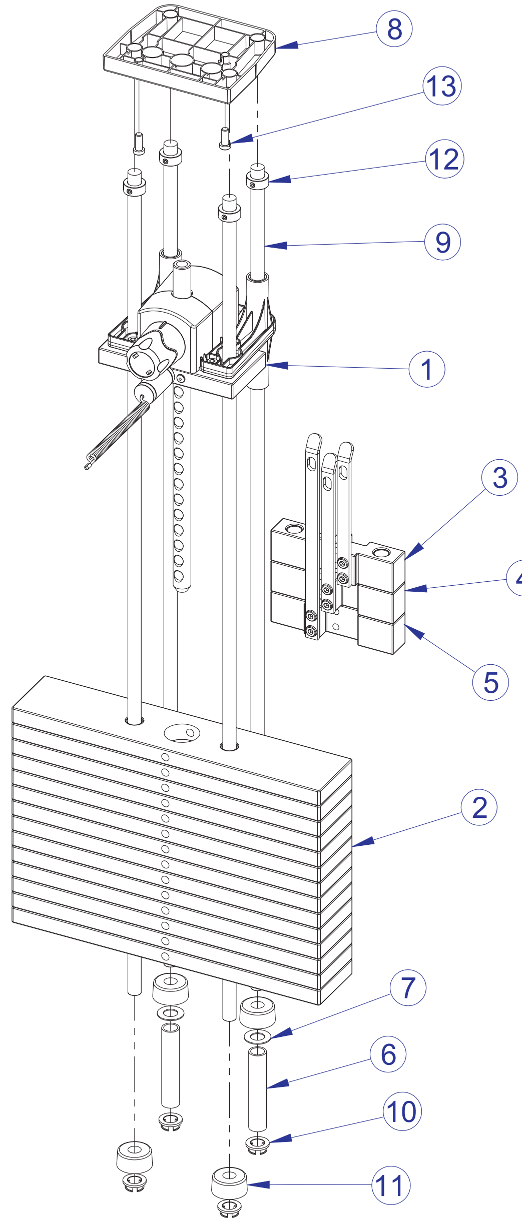


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7318601	COVER, TOWER- TOP FRONT
2	1	7318701	COVER, TOWER- TOP REAR
3	1	7318801	COVER, TOWER- BOTTOM FRONT
4	1	7318901	COVER, TOWER- BOTTOM REAR
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
6	16	3239101	SCREW, M5X10 PHL PAN TT ST
7	1	7765701	SHROUD, TOWER- REAR SHORT
8	2	7765601	SHROUD, TOWER- FRT SHORT RH
9	6	7583501	RETAINER, FZ SHROUD

FZSLC SEATED LEG CURL
MID-14 WEIGHT STACK ASSEMBLY - 7420101

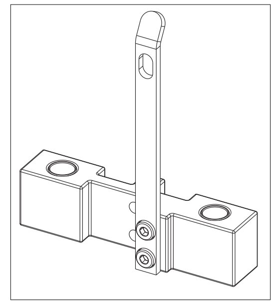
WEIGHT STACK LABELS

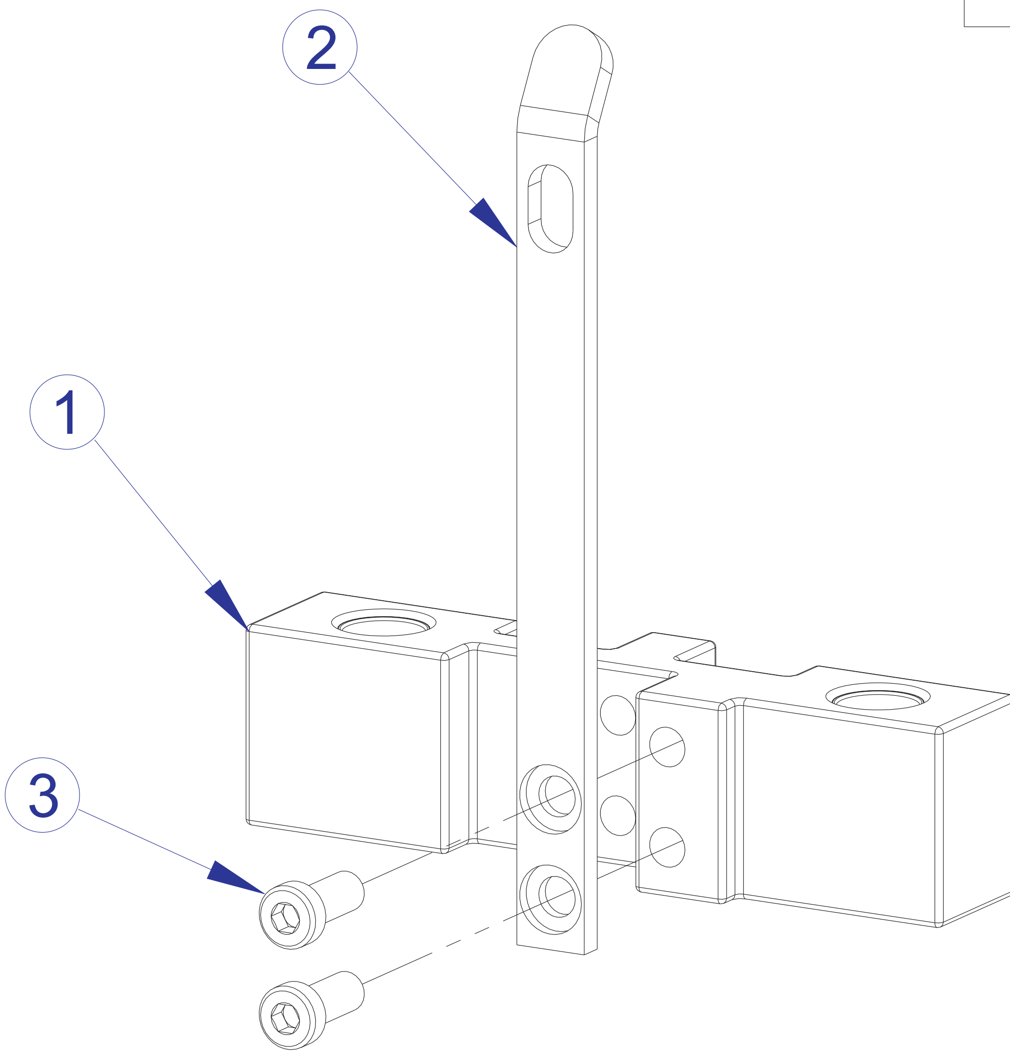
7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350701	ASSY, HEAD PLATE (14)
2	14	7328401	WEIGHT PLATE, 20 LB
3	1	7327601	ASSY, INCREMENT WT-5LB
4	1	7327701	ASSY, INCREMENT WT-10LB
5	1	7327801	ASSY, INCREMENT WT-15LB
6	2	7328701	SPACER, INC WT STACK 14 PLT
7	2	7351001	SPACER, INC WT STACK
8	1	7621101	RETAINER, GUIDE ROD-TOP
9	4	7328602	GUIDE ROD,.75 OD SOLID X 53.50
10	4	7337901	BUSHING, GUIDE ROD
11	4	7352101	CUSHION, WEIGHT STACK
12	4	3103301	SHAFT COLLAR, 3/4" ID ZINC
13	2	3236202	M10 X 1.5 X 25 HXS SOC CS SS

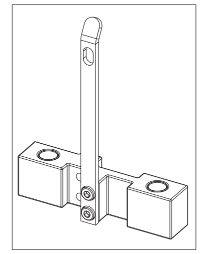
FZSLC SEATED LEG CURL
5 LB. INCREMENT WEIGHT ASSEMBLY - 7327601

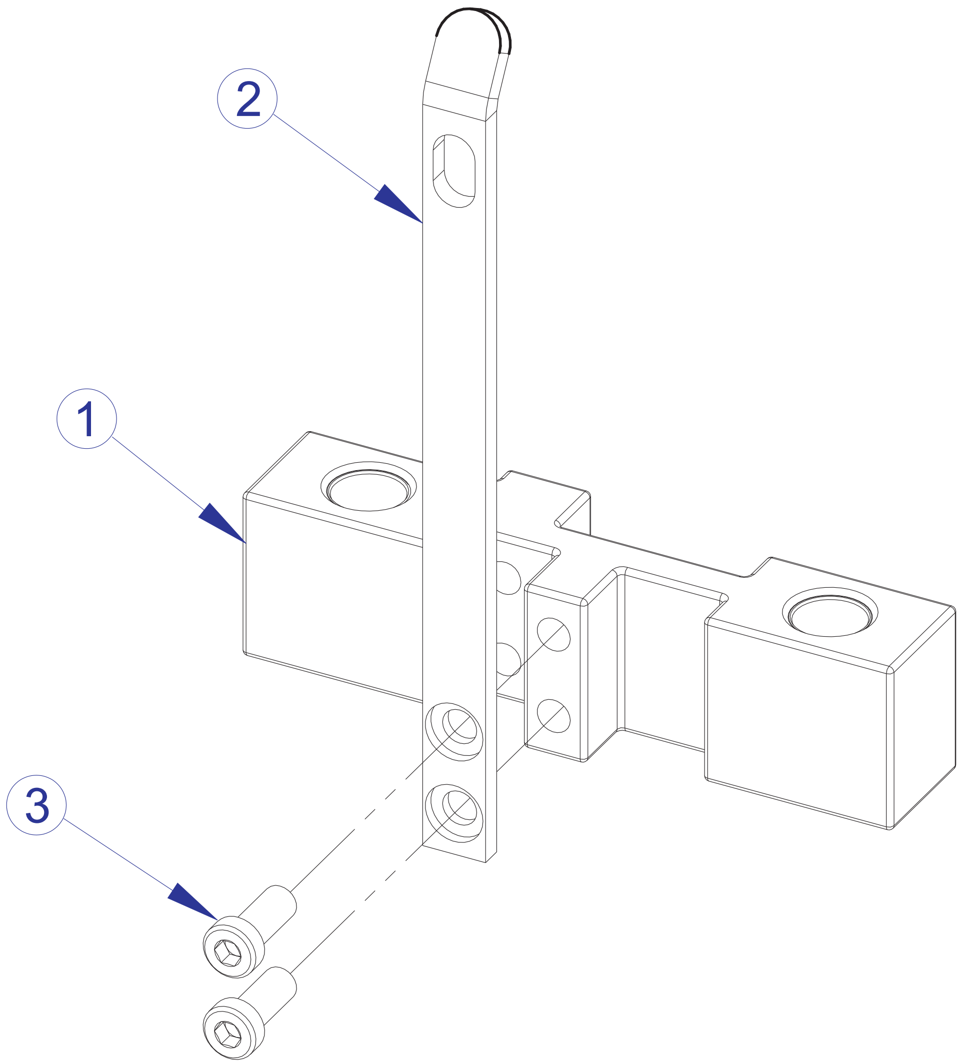




ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM

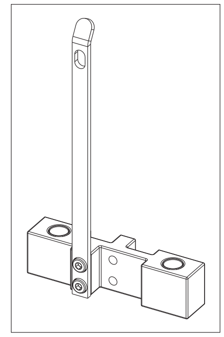
FZSLC SEATED LEG CURL
10 LB. INCREMENT WEIGHT ASSEMBLY - 7327701

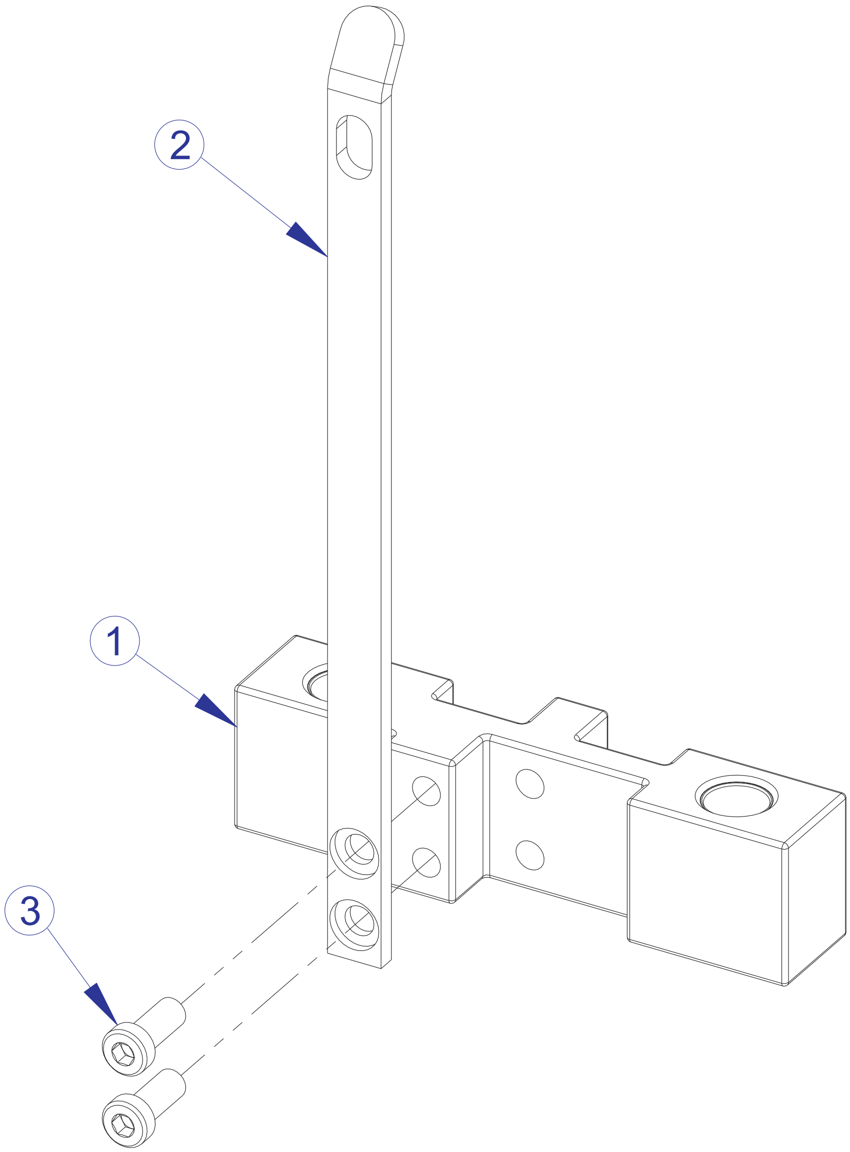




ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZSLC SEATED LEG CURL
15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801



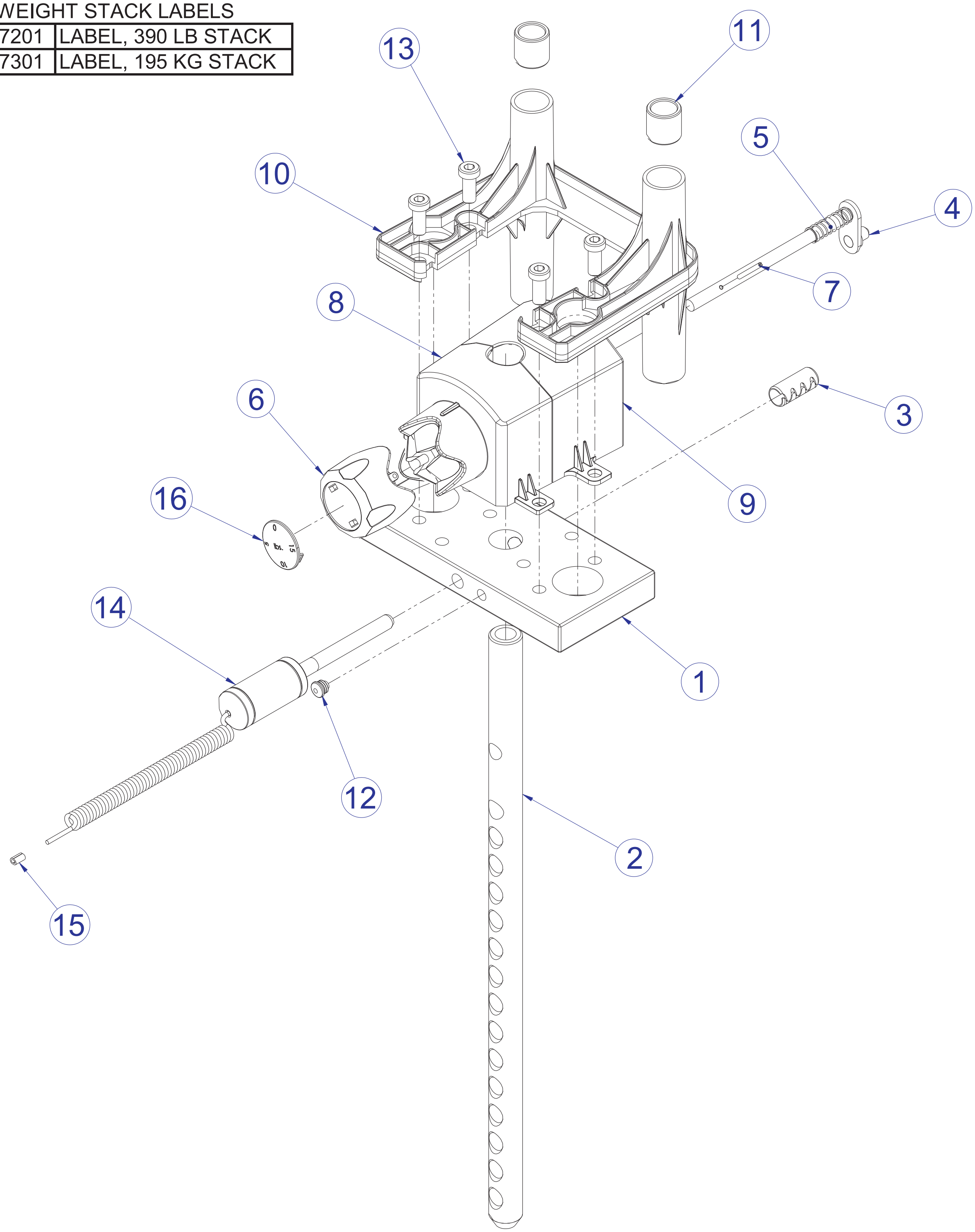


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZSLC SEATED LEG CURL
HEAD PLATE ASSEMBLY - 7350701

WEIGHT STACK LABELS

7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



SEE PAGE 13 FOR LEGEND

FZSLC SEATED LEG CURL
HEAD PLATE ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7326701	HEAD PLATE
2	1	7347801	STEM, 9 PLATE
3	1	3236001	BUSHING, SPRING PIN
4	1	7327201	WLDMT, INCREMENT WT PIN
5	1	8024501	SPRING, 1/2 OD X 1-1/2
6	1	7326101	KNOB, INC WT SELECTOR
7	1	3110008	ROLL PIN, 1/8 X 1-1/4
8	1	7326401	HOUSING, SELECTOR - FRONT
9	1	7326501	HOUSING, SELECTOR - REAR
10	1	7362101	STABILIZER, HEAD PLATE
11	4	7459601	BUSHING, HEAD PLT STABILIZER
12	1	7356501	PLUG, LANYARD ATTACHMENT
13	4	3236202	SCREW, M10 X1.5 25MM
14	1	7338101	ASSY, WT STACK SELECTOR PIN
15	1	7523601	CRIMP, CABLE
16	1	7398601	CAP, SELECTOR KNOB, LBS
	OR		
	1	7398701	CAP, SELECTOR KNOB, KG

FZSLC SEATED LEG CURL
IMAGE

